

# **GENEVA VIKINGS CROSS COUNTRY**

**Settler's Hill near the Ice Arena and Kane County Cougars Stadium**  
**Bus leaves at 6:30am. Attendance will be taken at 6:20am**

Parents, please park in the Kane County Cougars parking area B and C off Kirk Rd. Allow for a ½ mile walk or so to the course, on top of the hill for best viewing.

Admission - \$4 for adults \$1 for kids. You can pay with an E-Ticket early for \$3 at this site below.

<https://www.chicagotrack.org/>

Competing teams: Geneva, Bartlett, Glenbard North, Huntley, Marmion, Prairie Ridge, Naperville North, Leyden, St. Charles East, St. Charles North, St. Francis, Sterling, and Streamwood.

## **Top 10 medals and ribbons 11-15**

Boys' Open	Boys' Varsity Boys'	Boys' F/S	Boys' F/S Ctd
8:00 am	8:45 am	9:20 am	9:20
2.4 miles	3 miles	3 miles	3 miles
DeGuzman??	<b>Hipp</b>	<b>Poterek</b>	Lange
<b>Schmidt</b>	<b>Ross</b>	<b>Borter</b>	Lotz
<b>Cook</b>	Martin	McInerney	Evans
Falco	Er. Bebe	Bultmann	<b>B. Tucker</b>
Owens	Hosman	Dwyer	<b>Pittan</b>
Salzman??	Savarese??	Hagge	Eli Bebe
Ortiz	Biesk	Ochsenschlager	Vogt
Estrada-Bravo		Yung	Mathias
		Edling	Stanuch
		L. Tucker	Huynh
		Dempsey	

**Bold names – Group Leader – As a group leader, you have the responsibility of organizing everyone in your group for the warmup and cooldown.**

Boys not competing – Gaston, Heller, Mandel, Moravek, McClose, Woods

Boys, this is our first invitational of the season and time to put all that training to the test. This is our first chance to **shine like a diamond!** You have all done a great job preparing yourselves for this moment. Think of all you have done these past few days, weeks, and months. Know that there will be challenges during the race, but nothing you haven't prepared for. Embrace the excitement know that a race brings the best out of you.

Warmup together. Run your race. Wait for and cheer for your teammates. Cooldown together. This is the expectation.

Go into the race with a plan, be smart, and be patient early on. It's easy to get caught up with all the excitement of the race and go out too fast. Remember you should feel pretty good at the mile mark, SMILE at the MILE! Remember that the 2<sup>nd</sup> half of our race is our time. We have trained to pick up the pace during workouts and to finish fast. This is when we move up in the race and run people down.

Also, remember that you are not alone on the racecourse. You have a team of brothers out there with you. Work with each other. Talk with and support each other. Cheer for each other.

**If you race smart and run happy, you will run fast!**

- Coach Raak

